

Air Fryer Chicken Thighs



4.92 from 187 votes

These crispy Air Fryer Chicken Thighs have become a weeknight staple in my house. An easy recipe that you can whip up super fast!

PREP TIME:

5 mins

COOK TIME:

24 mins

TOTAL TIME:

29 mins

YIELD: 6 pieces COURSE: Dinner CUISINE: American



Equipment

- Air Fryer (I own and love this one from GoWise!)

Ingredients

- 6 chicken thighs (with bone and skin)
- 1 lemon
- 1 teaspoon kosher salt
- 1/4 teaspoon black pepper
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1/2 teaspoon sweet paprika
- 1/2 teaspoon dried herbs (such as herbs de provence or dried oregano)

Instructions

1. Season the chicken with the juice of 1/2 of the lemon, then season with remaining spices on both sides.
2. Rub the seasoning well all over the chicken then transfer to the air fryer, skin side down.
3. Air fry 400F 12 minutes on each side, until golden and crispy and cooked through in the center.

Notes

Chicken calculated with skin on. Nutritional info will be less if removing the skin before eating.

For boneless chicken thighs in the air fryer you can refer to this recipe.

Nutrition

Serving: 1 thigh, Calories: 213kcal, Carbohydrates: 1.5g, Protein: 16g, Fat: 15.5g, Saturated Fat: 4g, Sodium: 263mg - WW Points: 7

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